

DRINKS

WATER 600ML \$1.80

WATER 750ML PUMP \$3.50

MILO 250ML \$1.50

MADE ON REDUCED FAT MILK

FLAVOURED MILK 300ML \$3.00

CHOCOLATE OR STRAWBERRY

ORDERING

ORDERING OPTIONS AVAILABLE

- PAPER BAG ORDERING THROUGH YOUR CHILDS CLASSROOM
- DIRECT TO TUCKSHOP IN THE MORNING FROM 8AM TO 8:30AM
- FLEXISCHOOLS ONLINE ORDERING AT WWW.FLEXISCHOOLS.COM.AU

SUPPORTING THE TUCKSHOP

DO YOU HAVE A PASSION FOR HEALTHY FOOD, COOKING AND/OR KIDS WE NEED YOU. WE ARE ALWAYS SEEKING NEW VOLUNTEERS FOR A RANGE OF POSITIONS WITH A VARIETY OF TIMES AVAILABLE. REGISTER YOUR INTEREST IN ASSISTING OUR TUCKSHOP BY SENDING US AN EMAIL AT

PANDC@MIDDLEMOUNTCS.EQ.EDU.AU

DO YOU HAVE UNWANTED INGREDIENTS AND/OR EQUIPMENT NO LONGER REQUIRED? WHY NOT DONATE THEM TO THE SCHOOL TUCKSHOP FOR USE.

Opening Hours

Monday- 8am – 1:30pm

Tuesday- 8am – 1:30pm

Wednesday - Closed

Thursday - 8am – 1:30pm

Friday - 8am – 1:30pm

EFTPOS AVAILABLE

MIDDLEMOUNT COMMUNITY SCHOOL

NEW SMART CHOICE

TUCKSHOP MENU

AS AT 10TH JULY 2017



HOT FOOD DAILY

SOUP OF THE DAY \$2.50
SPAGHETTI BOLOGNAISE \$4.00
OVEN BAKED FRIED RICE \$4.00

SALAD SHAKERS

TOMATO PASTA SALAD \$3.50
CHICKEN AND SALAD \$4.00
HAM AND SALAD \$4.00

SANDWICHES, TOASTIES & WRAPS

VEGEMITE/JAM/HONEY \$2.50
HAM AND CHEESE \$3.50 *
CHICKEN AND CHEESE \$3.50 *
HAM AND SALAD \$4.00
CHICKEN AND SALAD \$4.00

* CAN BE TOASTED AT NO EXTRA CHARGE

SNACKS

APPLE SLINKY \$1.00
SAVOURY SCROLL \$2.00
YOGHURT BERRY CRUNCH \$2.00
LOW FAT YOGHURT, BERRY PUREE AND TOASTED
MUESLI
SNACK BOX \$2.50
RICE CRACKERS, BOILED EGG, CHEESE CUBES,
CARROT AND CELERY STICKS

DAILY SPECIALS

MONDAY - PIE DAY

PLAIN MEAT PIE \$4.50
SAUSAGE ROLL \$3.50
PARTY PIE \$2.00

TUESDAY - ROLL DAY

SHREDDED ROAST CHICKEN \$5.50
SERVED ON A ROLL WITH COLESLAW AND GRAVY

THURSDAY - NOODLE DAY

CHICKEN HOKKIEN \$5.50

FRIDAY - CURRY DAY

BEEF CURRY \$5.50

EXTRAS

DINNER ROLL \$0.60
SAUCE \$0.30

FROZEN SNACKS

BULLA FROZEN YOGHURT \$2.50
PADDLE POP ICECREAM \$2.00
